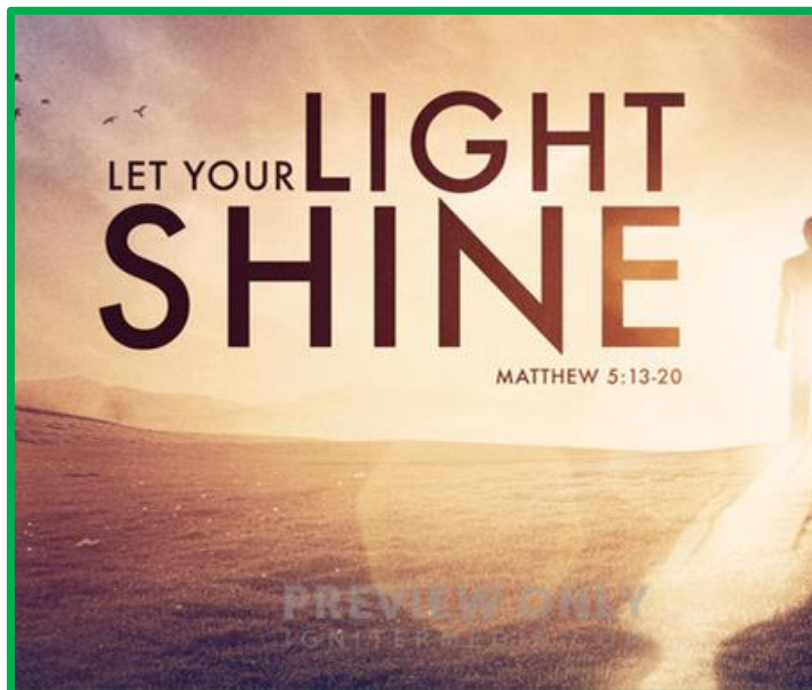


✠ **THE PARISH OF  
ST. PAUL WITH ST. LUKE** ✠



**Sunday 5<sup>th</sup> February 2023**

**Mass the Third Sunday before Lent**

**Hymns: 81 106 53 153**

**Isaiah 58:1-9:** Colin **1 Corinthians 2:1-12:** Cara  
**Gospel: Matthew 5:13-20** **Intercessions:** Julian

**Chalice:** Nikki **Welcomers:** Cara & Colin

**Refreshments:** Mary

**PLEASE PRAY FOR:**

Esther Christian, John Christian, Rachel Christian,  
Janice Sutherland, Audrey Mamei, Marek Machoy, Bertie Headley,  
John Beney, baby Lois, Phil Cutcliffe, Nipa Mondal  
Sarah-Louise Pegden, Hendrika Santer-Bream, Elizabeth Oppon,  
Kofi Oppon, Paul Parnell, James, Layla

For our link church of **Santa Monica, Maputo** in Mozambique  
And for our church school **St Paul with St Luke Primary School**

**February's Year Mind:** Ralph Beyer, Rose Finn-Kelcey,  
Arthur John Mc Kenzie

**Today** we celebrate **the 3rd Sunday before Lent** and so we begin our journey through a brief period of Ordinary time before we begin our Lenten journey towards Holy Week and Easter.

### **Lent Activities**

**Lent Course:** 7 pm Tuesdays during Lent starting **Tuesday 28<sup>th</sup> February** (4 sessions) Caring for God's World, Our World

**Prayers Around the Cross:** 7pm Sundays during Lent starting **Sunday 26<sup>th</sup> February**.

**Lent Lunch** (Giving): **Sunday 12<sup>th</sup> March** after the Service

**Lent Pots:** Giving during Lent to Diocesan Lent Appeal and St Monica's Mozambique.

**Praying the Parish Boundary:** **Sunday 5<sup>th</sup> March at 2pm**

### **Mozambique Conflict Trauma Support: Healing the memories**

**The Diocese of London's 2023 Lent Appeal** will raise money to train leaders in Mozambique who can provide pastoral care and support for those with trauma.

What has been happening?

Since 2017, over a million people living in northern

Mozambique have been displaced by a

violent insurgency and 4,000 have been

killed. This is a population now who are

deeply traumatised. Many professionals

have said that their need for trauma

counselling and support is as great as their

need for food, but agencies and

organisations do not have funds for this.

To find out more or donate to the appeal please visit:

[london.anglican.org/lentappeal2023](https://london.anglican.org/lentappeal2023)

Or scan the QR code:



### **APCM – Date for your diary**

The PCC has set the date for the APCM which will be held on **Sunday 26<sup>th</sup> March** towards the end of the service.

**Please note:** Formal notice of the Electoral Roll went up last week and the Electoral Roll revision starts next **Sunday 12 February for two weeks**. If you have joined the church after April 2022 and wish to be on the Electoral Roll, please complete a form and give it to Hendrika (our Electoral Roll Officer.)

**A reminder about SPBC Photos:** We are raising our social media presence and need your photos of church life. If you have photos that you and those in the photos are happy for us to post, then upload them to our SPBC Photos group on WhatsApp.



**Supporting Evangelism in Bangladesh:**

As you know we have been supporting for several years now a young man, Shyamol Baroi, spread the Word of the Lord in Bangladesh. He is currently working to develop students spiritually and asks for

our prayers and for any additional support we can give him.



**Traidcraft:** Sadly Traidcraft have gone into administration. For many years, thanks to Hendrika's commitment, we have been able to make a small but important contribution to fair trade. As this is something we would like to continue to do, Hendrika is finding out

if this will be possible. Hendrika will have her stall in church today selling off stock, so this may be your last chance to buy Traidcraft goods.

**Daily office: Monday- Wednesday, Friday & Saturday 8am & 5.30pm.**

**Sunday 5<sup>th</sup> February 10am**

**Mass for the 3<sup>rd</sup> Sunday before Lent**

**Sunday 12<sup>th</sup> February 10am**

**Mass for the 2<sup>nd</sup> Sunday before Lent**

**Sunday 19<sup>th</sup> February 10am**

**Mass for the Sunday next before Lent**

**Wednesday 22<sup>nd</sup> February 7pm**

**Mass for Ash Wednesday**

**Sunday 26<sup>th</sup> February 10am**

**Mass for Lent 1**

**Sunday 26<sup>th</sup> February 7pm**

**Prayers around the Cross**

**Tuesday 28<sup>th</sup> February 7pm**

**Lent Course – Session 1 (Zoom)**

**Sunday 5<sup>th</sup> March 10am**

**Mass for Lent 2**

**Sunday 5<sup>th</sup> March 2pm**

**Parish Prayer Walk**

**Sunday 5<sup>th</sup> March 7pm**

**Prayers around the Cross**

**Tuesday 7<sup>th</sup> March 7pm**

**Lent Course – Session 2 (Zoom)**

**Wednesday 8<sup>th</sup> March 6.45pm**

**PCC Meeting** (*church hall*)

**Sunday 12 March 10am**

**Mass for Lent 3** (*followed by Lent Lunch*)

**Tuesday 14<sup>th</sup> March 7pm**

**Deanery Synod** (*St Paul's Shadwell*)

## **THIS IS THE GATE OF HEAVEN**

Winner of 'The UK's Best Modern Churches' award November 2013

**Next Sunday: 12<sup>th</sup> February 2023**

**Mass the Second Sunday before Lent**

**Hymns: 302 17 111 317**

**Genesis 1:1-2:3 Joana Romans 8:18-25: Ed**

**Gospel: Matthew 6:25-end Intercessions: Ed**

**Chalice: Toni Welcomers: Joana & Ed**

**Refreshments: Ruth**



THE CHURCH  
OF ENGLAND

*Vicar* Mother Bernadette Hegarty 020 3774 6833

*Churchwarden:* Julian Bream 07818 048048

**DONATIONS gratefully received, Gift Aided where possible.**

Bank details: CAF Bank, Account Name: St Paul's Bow Common PCC  
Sort Code: 40 5240 Account No: 00033150

